



# 21. EWR Triathlon Lampertheim

Lampertheim / 26.06.2016

□□□□

Unverricht, Ben

□□□: 29:22

□□: ADS

□□: 811

□□: 6.20 km

Schüler B Triathlon (200 m, 5 km, 1,0 km)

□□□□□/□□□: 13 (of 16)

□□□□□/□: 8 (of 10)

□□□□□□: 20:43

□□□□:

männliche Schüler B (10+11 Jahre)

□□□□□: 8(of 10)

□□□□□□□: 20:43

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.20	5:50	29:09	8	2:27	8	2:27	0.20	5:50	29:09	8	2:27	8	2:27
Wechsel S -> R	-	3:14	-	10	2:17	10	2:17	0.20	9:04	45:19	9	4:32	9	4:32
Schwimmen □□□	0.20	9:04	45:19	9	4:32	9	4:32	0.20	9:04	45:19	9	4:32	9	4:32
Rad netto	5.00	13:58	2:47	8	3:10	8	3:10	5.20	23:02	4:25	8	7:27	8	7:27
Wechsel R -> L	-	1:00	-	7	0:11	7	0:11	5.20	24:02	4:37	8	7:33	8	7:33
Rad □□□	5.00	14:58	2:59	8	3:16	8	3:16	5.20	24:02	4:37	8	7:33	8	7:33
Lauf	1.00	5:20	5:19	8	1:06	8	1:06	6.20	29:22	4:44	8	8:39	8	8:39